



A Beginner's Guide

CPAP Cleaning

Cleaning Supplies Needed

- CPAP components (mask, tubing, chamber, headgear)
- Unscented mild soap
- White vinegar
- Warm water (distilled)
- Sink, bathtub, or washbin
- Clean, dry towels

Components of CPAP

- Motor encased in a plastic unit
- Cushioned mask
- Tube that connects the motor to the mask
- Headgear
- Plastic connectors that act as joints
- Adjustable straps

CPAP Cleaning in 4 Steps

STEP 1: Disassemble the machine

Unplug your CPAP, remove and disconnect each attachment (mask, hose, headgear, and water chamber for the humidifier).

STEP 2: Wipe down the machine

Wet and wring out a towel with warm water. Carefully remove any dust, grime, or hair from the plastic unit. Allow machine to air dry.

STEP 3: Soak the other components

Fill your sink or bath with warm, distilled water. Add unscented gentle soap and white vinegar (1:1 ratio). Soak CPAP parts for at least 30 mins.

STEP 4: Reassemble

Once dry, reassemble your machine, plug it in, and turn it on.

NOTES

Have questions? We're here to help!

Call 800.855.1666 or email support@carewell.com
(Weekdays: 24 hours | Weekends: 9am-6pm ET)

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